



Core Of
Development

Open Training

About the training...

Core of Development invites you to register for the COD Open Trainings.

During two full days, you will learn to secure efficient decision-making in meetings, execution through coaching, and practical empowering leadership. You will also create a plan for implementing this in your daily work.

Throughout the training, we will apply the COD concept to examples from your job and redesign your existing meetings and coaching sessions to be more productive, efficient, and involving.

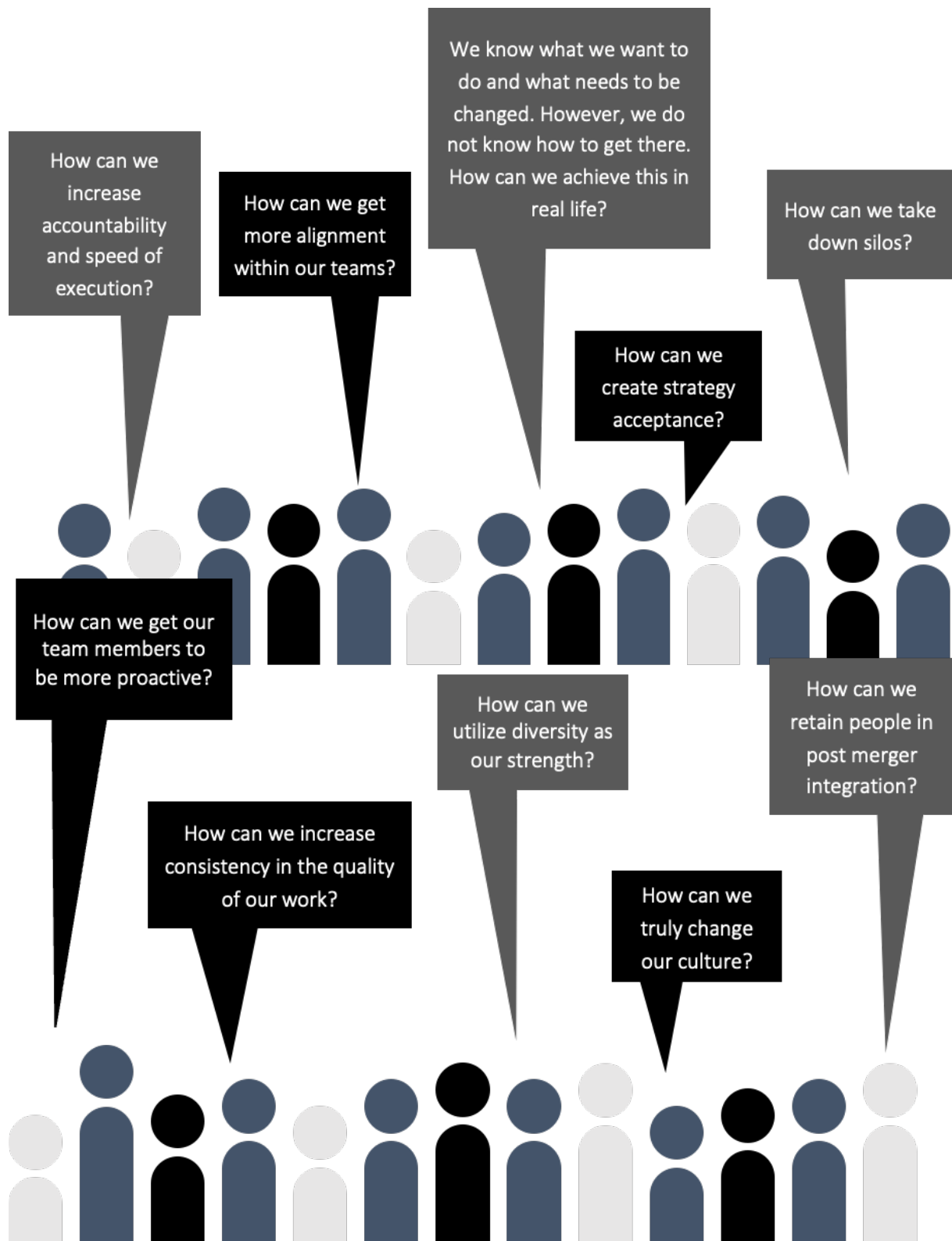
You will also have time to network with other leaders from a multitude of industries.

Lunch, light breakfast & coffee is included both days.



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Agenda:

Day 1 - COD Theories & Meeting

First Half

- Introduction of how the methods and platforms you use influence the success of your area of responsibility, as well as your team's.
- COD Theory unit: You will learn the basis for the methods and skills we will be practicing later in the training. We will explore how leadership impacts the organization, the team, and the individual.

Second Half

- Applying the theories, you will learn to how to use the power of the team to run more effective meetings to reach decisions.
- COD meeting: You will gain an overview of the process and see a live example.
- Hands-on training: Using the COD Meeting process, you will prepare and lead at least 1 COD Meeting using examples from your work. You will also take part in other meetings, to gain experience from both sides. Consultants will be present to ensure that the process is followed and provide advice.

Day 2 - COD Coaching & Application

First Half

- Applying the theories, you will learn how to use the power of coaching to support, develop, and motivate your coworkers.
- COD coaching: You will gain an overview of the concept and see a live example.
- Hands-on training: You will have the chance to practice the COD Coaching method with other participants in the group. You will also receive coaching from other participants on a topic from your work. Consultants will be present to ensure that the process is followed and provide advice and support.

Second Half

- Application Exercise 1: You will work in teams, using the COD meeting, to determine how you would handle difficult workplace situations using different mindsets. Consultants will guide the exercise and provide advice.
- Application Exercise 2: You will use the COD Coaching method to coach each other on your view of people and explore where you have challenges. Consultants will guide the exercise and provide advice.
- Reality check: You will identify areas in your work where you can apply the concepts learned and create an implementation plan. Challenges will also be listed - these will be discussed in a final COD Coaching session. It is intended that you bring this plan to your supervisor for alignment and support.



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